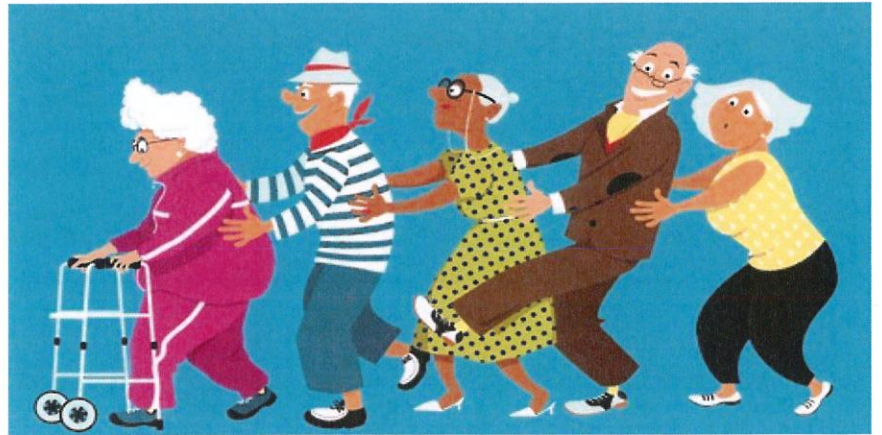


HILLVIEW MANOR NEWSLETTER 2024



ISSUE FIVE

HAVE YOU EVER THOUGHT I'M FAT, I'M OLD I'M WORN OUT....

I was young once.

I'M OLD I'M WORN OUT....

To all my female friends from 50 years and up.

Most of us are ageing through the next phase of our lives. We're at the age where we see wrinkles, grey hair, and extra pounds. We see cute 25-year-olds and reminisce. But we were also 25, just as they will one day be our age. We aren't those "girls in their summer clothes" anymore. What they bring to the table with their youth and zest, we bring our wisdom and experience.

We have raised families run households, paid the bills, dealt with diseases, sadness and everything else life has assigned us.

Some of us have lost those that we're nearest and dearest to us. We are survivors. We are warriors in the quiet. We are women, like a fine wine or classic car.

Even if our bodies aren't what they once were, they carry our souls, our courage, and our strength. We shall enter this chapter in our lives with humility, grace, and pride over everything we have been through, and we should never feel bad about getting older. It's a privilege that is denied to so many. ~unknown



May has been a nice month. It has been so nice to see the grasses turn a bright green. The trees popped out their leaves and by mid month the fruit trees were in full bloom. The birds have been singing loudly so that is always nice to hear. Most of our families are farm families and they are busy doing seeding right now.

Lots of entertainers visited us this month and shared their talents with our folks. Many thanks are extended to Wilma Mantei's choir group who came the first Sunday of the month. Also here were Maggie, Keith and Gary, Wilma and Val, Caragana Ramblers and Susan Shepherd. Not to be forgotten is the Gospel Chapel who come the 3rd Sunday of every month. Last month I missed one of our entertainers. Janet Terne's brother Garth came for a surprise visit. He calls himself Country Jam. The residents LOVED his performance. Not only was he a good singer but he he was able to share stories and facts about the songs he was singing. Hopefully he will come back in the not so distant future.

We are grateful to have Joy Beahm come on Mondays for communion with the folks followed by manicures for those interested. Joy is kept busy until she has to leave and head over to Creighton Lodge.

*Happiness is seeing your
mother smile*



On Wednesday May 8th, Millie Culbertson passed away with family was at her side. Millie moved into the Manor just before of 2018. She was a kind and gentle soul and we are all better for having known her.

Millie loved to play bingo. It was an activity she rarely missed. We had lots of different entertainers come to the Manor and Millie loved the opportunity to attend. She really enjoyed listening to the music. But nothing brought her greater joy then when family would come to visit. Her beautiful smile was on display for everyone. We offer our most sincere condolences to Jim, Linda and their families

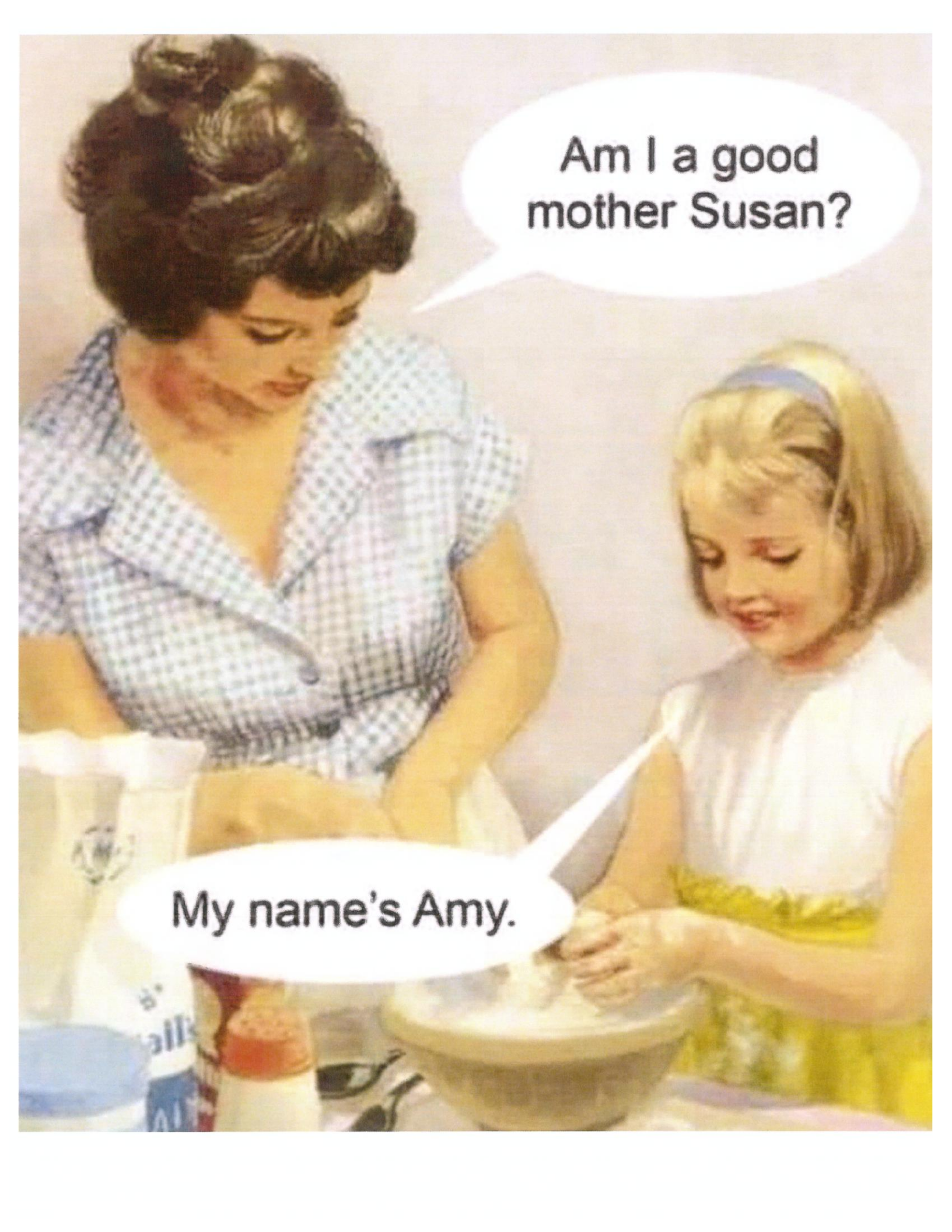


Of course May is the month in which we recognize the Mom's. This is something celebrated pretty much world wide. It honours the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mother's in society. It is celebrated on different days in many parts of the world, most commonly in March or May.

On May 10th we treated our special ladies to an afternoon tea along with a special dessert that was enjoyed by all. We had a short program that included some Mother's Day trivia and of course the song, "My favourite things". The words to that song is found within the newsletter. But the highlight of our afternoon was the reading of the letters that family members wrote to their mom's. We had tears and laughter. A smorgasbord of emotions. The ladies were then given their letters to reread at any time. More then one opened them right away and reread them multiple times. It really gets you in the "feels" to see the joy these letters bring to the Mom's.



There is nothing as powerful as a mother's love, and nothing as healing as a child's soul

A photograph of a woman and a young girl in a kitchen. The woman, on the left, has dark hair styled in a bun and is wearing a blue and white checkered short-sleeved shirt. She is looking down at a large bowl. The girl, on the right, has blonde hair with a blue headband and is wearing a white sleeveless top with a yellow patterned skirt. She is smiling and using a white spatula to mix something in the bowl. In the foreground, there is a bag of flour with the word 'all' visible, a red container, and a white container. Two speech bubbles are overlaid on the image.

**Am I a good
mother Susan?**

My name's Amy.

We all know what a “momism” is. We heard them as a child and as a mom we repeated them all to our children. Now as we listen our children are telling them to their kids. And so it continues.

- If you're too full to finish your dinner, then you are too full for dessert
- If you're too sick to go to school then you are too sick to play outside
- You'll understand when you have kids of your own
- When you have your own house, then you can make the rules
- You won't be happy until you break that, will you?
- Beds are not made for jumping on
- You're the oldest, you should know better
- Don't make me come in there
- I don't care what the other kids get to do
- So it's raining? You're not sugar- you won't melt

More “Momism’s”

- How do you know you don’t like it? You haven’t tasted it
- Littler pitchers have big ears
- Don’t pick your nose in public
- Don’t put that in your mouth. You don’t know where it’s been
- A little soap and water never killed anybody
- There’s enough dirt in those ears to grow potatoes!
- There are millions of less fortunate children who don’t have wonderful parents like you do
- Life isn’t always fair
- Don’t break your arm patting yourself on your back
- How can you have nothing to wear? Your closet is full of clothes
- Don’t make that face or it will freeze in that position
- I will always love you- no matter what

We had four birthdays to celebrate during the month of May.

Birthday wishes went out to:

May Lischka.....May 6th

Pat Parent.....May 9th

Clara Craigen.....May 21st

Theresa Dukart.....May 30th



Lily-of-the-Valley and the Hawthorn are the May birth flowers. The delicate flowers of the lily-of-the-valley symbolize sweetness, humility, and the return of happiness, reflecting the gentle and loving nature of people born in May. The Hawthorn represents hope and supreme happiness, signifying the optimism and joy that May brings.



The Emerald is the birthstone for May. It evokes rebirth and renewal. It is believed to grant the owner foresight, good **fortune** and youth. Widely regarded as the definition of green, emerald is the perfect colour for spring.



Happy Birthday Lovely Ladies

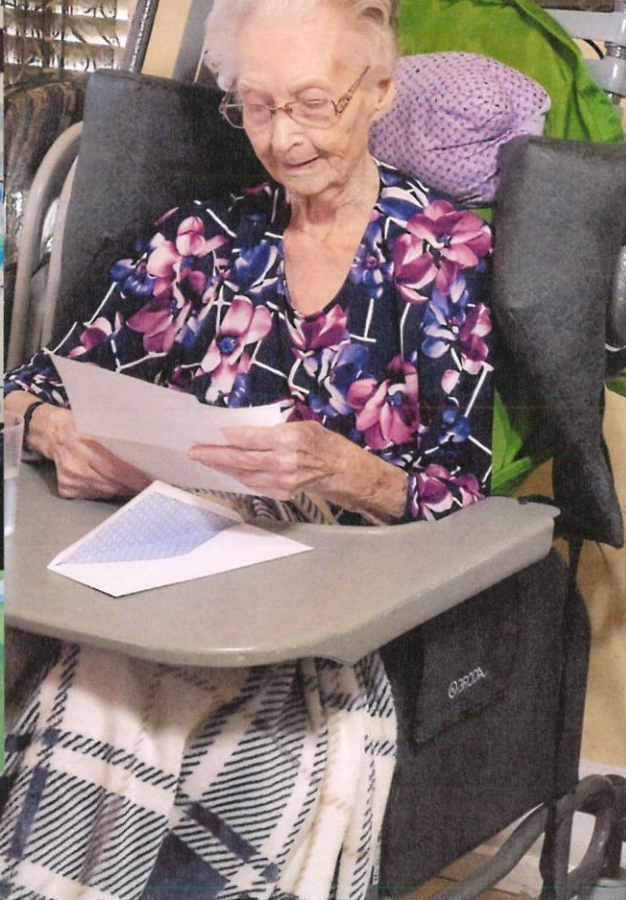
Some people try to
turn back their odometers.

Not me.

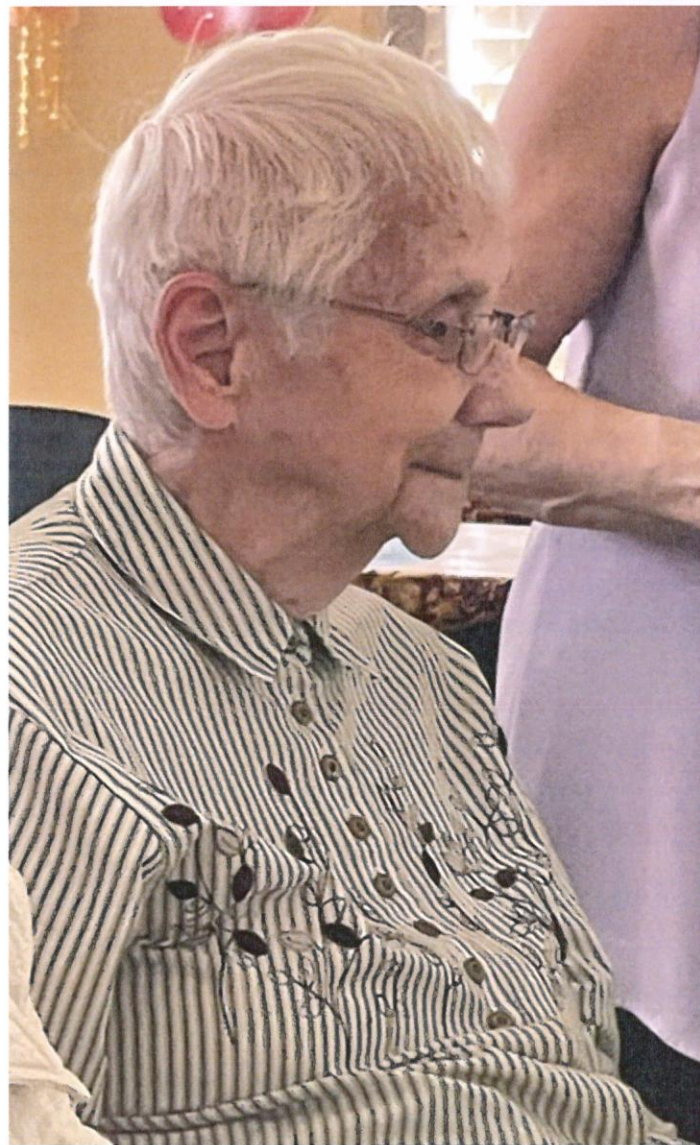
I want people to know
why I look this way.

I've travelled a long way,
and some of the roads weren't paved.

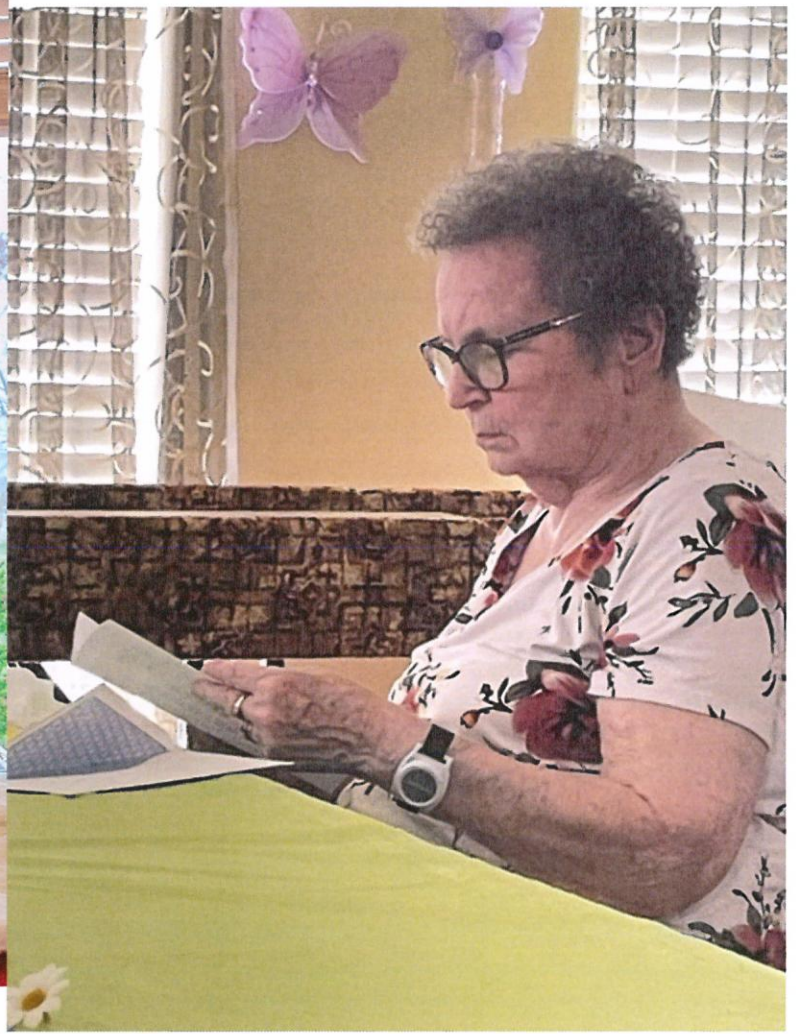
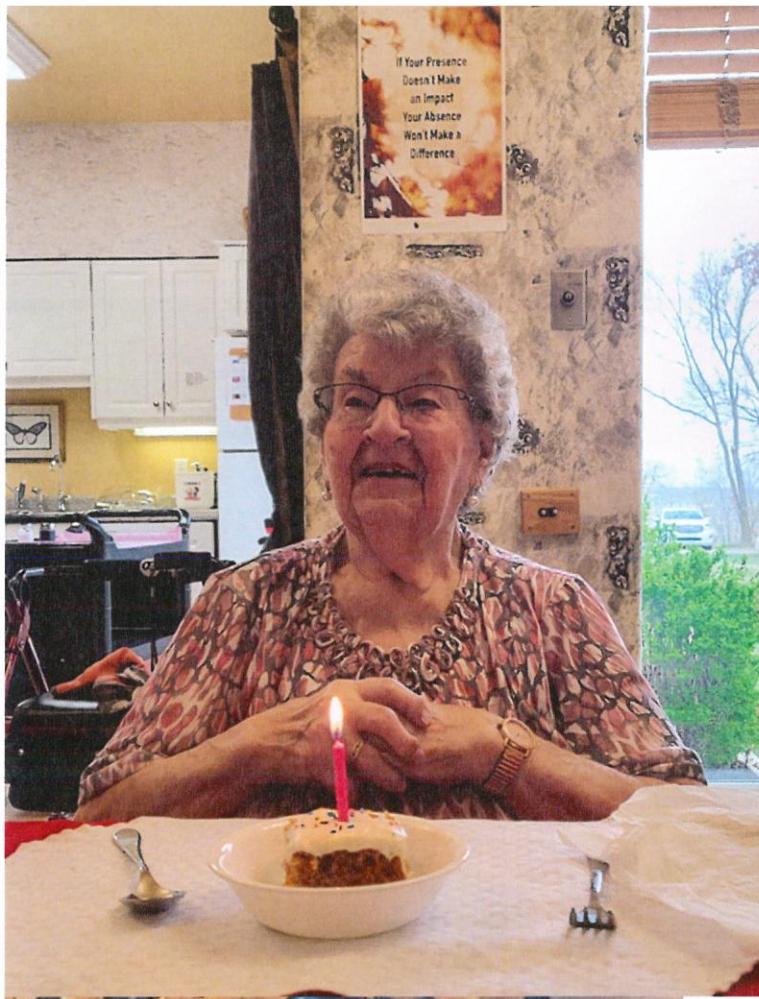


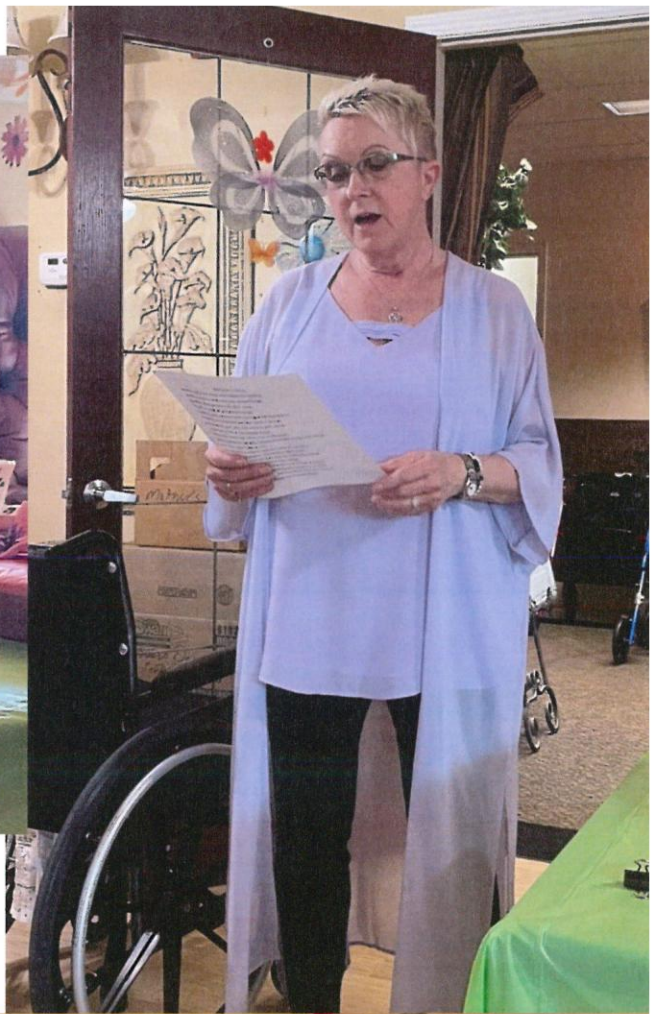


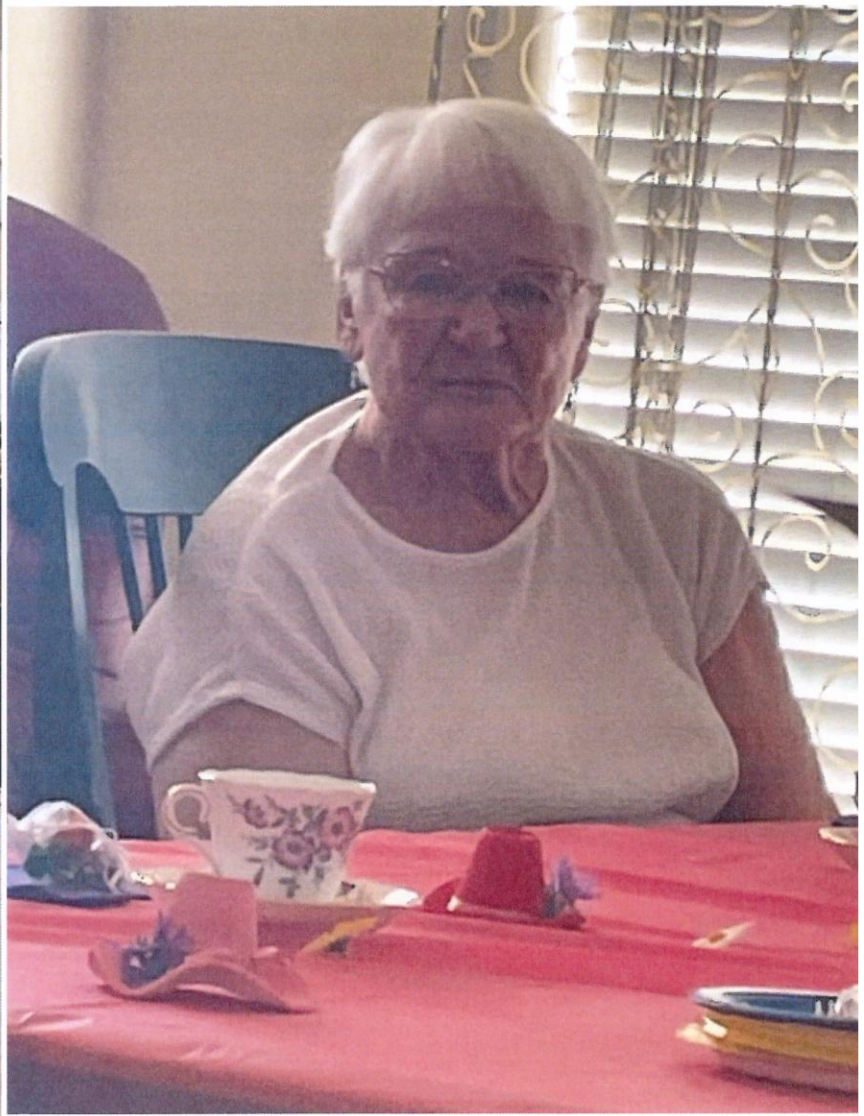
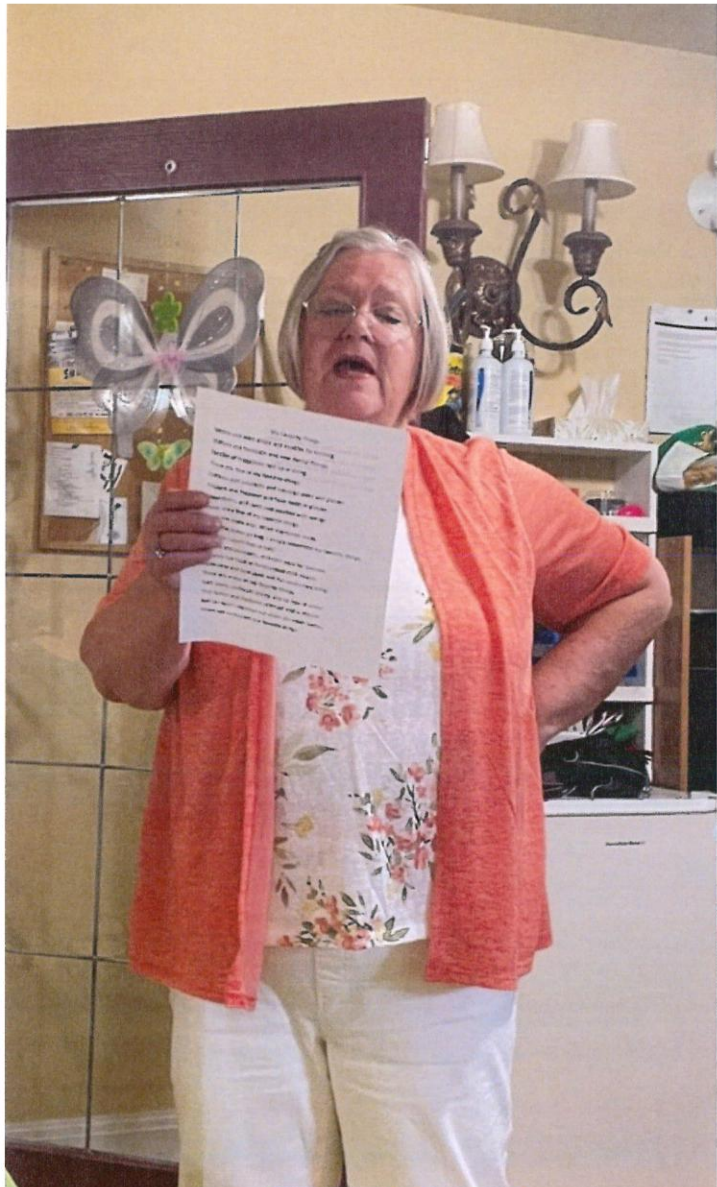
















2024

Activities subject to change

(FR)- Family Room (H) - House

2



3
10:30-Baking
11:00- Manicures
2:00- Scasaka family
4:00-Skip Bo

4
10:00- Exercise
11:00-Card Bingo
1:15- SR (H1&2)
2:00-Indoor Curling
4:00-Yahtzee

5
10:00- Catholic Mass
11:00- Exercise
1:15- Trinity Lutheran
Communion (H2)
2:00-Card Bingo
3:45-Snakes & Ladders

6
10:30- Resident Meeting
11:15- SR (H1&2)
2:00-Wilma & Val
3:45-large Dice game (FR)

7
10:00-Exercise
11:00-Bean Bag Toss
1:45- Bingo
3:45-SkipBo

8



9



10
10:00- Communion
10:30-Baking
11:00- Manicures
1:15-SR (H1&2)
2:00- Card Bingo
3:45-Skip Bo

11
10:00- Exercise
11:00- Card Bingo
2:00- Maggie
3:00-Public Library
Book exchange
3:45-Large Dice Game (FR)
Henry Lischka 95

12
10:00-exercise
11:00-Card Bingo
2:00-Indoor Curling
4:00- Devotions

13
10:00-Exercise
11:00-Card Bingo
2:00- Caragana Rambler
3:45-Skip Bo

14
10:00-Exercise
11:00-Bingo
1:30- 3:00
Father's Day outing
Souris Valley Museum
4:15- Fair Parade

15



16



17
10:00- Communion
10:30-Baking
11:00- Manicures
1:15-SR (H1&2)
2:00- Card Bingo
3:45-Skip Bo

18
10:00- Exercise
11:00- Card Bingo
1:30-Keith & Garry
3:45-Crockinole

19
10:00- Exercise
11:00- Card Bingo
2:00- Ice Cream
Social (on front patio
Weather permitting)

20
9:45-1:00-
Walmart/Tower Café
2:00- Card Bingo
3:45- Snakes & Ladders

21
10:00-Exercise
11:00-Bean Bag Toss
1:45-Bingo
3:45- Skip Bo

22



23

Gospel Chapel 1:30

24
10:00-Communion
10:30-Monthly BP'S
1:15-SR (H1&2)
11:00-Manicures
2:00- Card Bingo
3:45- Skip Bo

25
10:00- Exercise
11:00- Card Bingo
2:00-Indoor Curling

26
10:00- Exercise
11:00- Card Bingo
1:15- SR (H1&2)
2:00-Large Dice Game (FR)
4:00-Devotions
Ed Fisher 87

27
10:00- Exercise
11:00- Card Bingo
2:00-Susan Shepard
3:45- Snakes & Ladders

28
10:00-Exercise
11:00-Bean Bag Toss
1:45-Loonie Bingo
3:00- Wine & Cheese (FR)
4:00- Skip Bo

29

